

## CLAIMS

1. A mineral composition, characterized in that the mineral composition comprises 100 parts by weight of a metal salt having a solubility product in water at 25°C of  $1.0 \times 10^{-7}$  or less and 0.5 to 50 parts by weight of an emulsifier having an HLB of 6 to 10, wherein the metal salt comprises fine particles having an average particle size of 0.05 to 1  $\mu\text{m}$ .  
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2. The mineral composition according to claim 1, wherein the emulsifier is a diglycerol fatty acid ester.  
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3. The mineral composition according to claim 2, wherein the diglycerol fatty acid ester comprises 50% by weight or more of the monoesters.
4. The mineral composition according to any one of claims 1 to 3, wherein the metal salt is at least one member selected from metal salts comprising calcium, magnesium, iron or zinc.  
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5. A food or beverage comprising the mineral composition as defined in any one of claims 1 to 4.  
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